

# Adaptive Recreation Opportunities

## Summer Newsletter June-August 2015

The Adaptive Recreation Opportunities program provides quality and equal opportunities for recreation and leisure programs to community members with disabilities. The ARO program offers healthy and fun experiences through the following three basic service areas.

### INCLUSION

Do you need assistance to fully participate in activities listed throughout the *Recreator*? The City of Fort Collins welcomes individuals of all abilities into our classes and programs. If you are interested in participation support, please indicate any special needs you may have when you register. **NOTE:** Requests should be made at least two weeks before the class begins.

### TRANSITION

If you need more assistance in making your recreation and leisure choices, but want to be as independent as possible, the Transition program might be right for you. Explore new experiences; learn about exciting recreation opportunities and meet new people. A Therapeutic Recreation specialist will help you develop your personal *Passport to Recreation Profile* and discuss your needs, strengths, and interests. Call 224-6027.

### SPECIALIZED PROGRAMS <ARO>

The programs listed in this newsletter are designed to meet the unique needs of individuals with physical, mental, and/ or emotional disabilities. They can also be found in the *Recreator* identified by the <ARO> symbol. The **Alternative Programs** are designed for adults with intellectual disabilities and focus on community activities and social outings. A list of programs can be found in the *Recreator* under the adult section and include monthly dances, Unified sports, cooking, bowling, crafts and more!

### VOLUNTEERS NEEDED

Volunteers are always needed, whether assisting with a few events or being a weekly support partner. No experience is necessary, training is provided. Join us for fun and adventure! Contact Becca Heinze, 970-224-6125, [bheinze@fcgov.com](mailto:bheinze@fcgov.com)

### WELCOME ARO SUMMER INTERNS!

**Sharon Maas**, Therapeutic Recreation intern from Slippery Rock University of Pennsylvania.

**Michelle Sutherland and Karlin Levine-Smith**, Occupational Therapy Level II fieldwork students from CSU.

We are very excited to have these talented students join our ARO team this summer!

### CHECK OUT OUR WEBSITE!

[www.fcgov.com/aro](http://www.fcgov.com/aro)

For additional info, please contact the ARO staff.

**Renee Lee**, CTRS, Therapeutic Recreation Supervisor, 970-224-6027, [rlee@fcgov.com](mailto:rlee@fcgov.com)

**Becca Heinze**, CTRS, M.S.Ed., Therapeutic Recreation Coordinator, 970-224-6125, [bheinze@fcgov.com](mailto:bheinze@fcgov.com)

**Brenda McDowell**, Unified Sports Coordinator 970-416-2024, [bmcdowell@fcgov.com](mailto:bmcdowell@fcgov.com)

**Alison Cope**, OTR, Recreation Specialist [acope@frii.com](mailto:acope@frii.com)

**ARO Interns**, 970-224-6034, [aro@fcgov.com](mailto:aro@fcgov.com)



## SPECIAL EVENTS

### Father's Day 5K

Participate in the 18<sup>th</sup> annual Father's Day 5K race and support the ARO program's biggest fundraiser!

**Location:** Start at Coppersmith's in old town

6/21 Su 8:00 -10:00 AM [www.fcgov.com/fathersday](http://www.fcgov.com/fathersday) to register!

### Journey of Hope Event

Join us in welcoming the Journey of Hope Cyclists for this fun park games event including horseshoes, boccia, corn hole and more! All ability levels welcome.

**Age:** 14 years & up

**Location:** Edora Park

6/28 Su 3:00-5:00 PM \$5 302772-01

### 4th of July Parade

Join us in representing Adaptive Recreation Opportunities in the City of Fort Collins 4th of July Parade!

**Age:** 16 years & up

**Location:** City Park

7/4 Sa 9:00-11:00 AM No Fee 302971-01

## AQUATICS

### MS Aqua

This class is designed for people with multiple sclerosis or other neuromuscular disorders. Trained staff give exercise modifications and assistance, and class members share a supportive social atmosphere. Exercises focus on maximizing or maintaining physical well-being, endurance, strength, and flexibility.

**Age:** 18 years & up

**Location:** Mulberry Pool

Note: No Class 7/2. To join or volunteer assist, contact Becca Heinze, (970) 224-6125 or

[bheinze@fcgov.com](mailto:bheinze@fcgov.com).

6/4-8/27 Tu,Th 9:30-10:30 AM \$43 per 16 punch pass

### Adaptive Swim Lessons

Basic swimming skills are introduced and/or enhanced for individuals with special needs. Attendants welcome for personal assistance outside of the water.

**Age:** 5 years & up

**Location:** Edora Pool Ice Center

Note: For more information or to volunteer, contact Becca Heinze at [bheinze@fcgov.com](mailto:bheinze@fcgov.com) or 970-224-6125. Registration deadline is one week before the start date of the session.

6/10-7/1 W 4:15-4:45 PM \$30 302326-01

6/10-7/1 W 4:50-5:20 PM \$30 302326-02

7/7-7/28 Tu 4:15-4:45 PM \$30 302326-03

7/7-7/28 Tu 4:50-5:20 PM \$30 302326-04



## ARTS AND CRAFTS

### Artistic Abilities

Participants will learn techniques with a variety of materials to create unique pieces of art. This class is open to people of all abilities, with emphasis on accommodations for various challenges and disabilities.

**Age:** 13 years & up

**Location:** Sr. Center

Note: Contact Alison Cope at [acope@frii.com](mailto:acope@frii.com) for more information.

6/2-6/30 Tues 4:00-6:00 PM

\$35 302990-01



Early Learning

Giant Friends Club

Come and play together at the accessible Inspiration Playground. This club brings kids of all abilities together for fun and friendships. Themes, games, songs, crafts and more will be planned for a gigantic good time!

Age: 4-11 years

Location: Spring Canyon Park, Tennis Shelter  
7/8-8/5 W 10:00 AM-Noon  
\$32 302974-01

FITNESS

Adaptive Yoga

You will learn a variety of Yoga postures that can be practiced from a chair, standing or seated on the floor. This class is specifically designed for people with multiple sclerosis or other neuromuscular disorders and adapted for people of all physical abilities.

Age: 18 years & up

Instructor: Faith Brandt  
Location: Raintree Athletic Club  
6/25-7/30 Th 1:00-2:00 PM  
\$45 302980-01

ICE

Adaptive Skating Lessons

These lessons are for people with and without disabilities. Basic skills are introduced and adapted for individuals with disabilities. Skill improvement and fun will be the focus; all abilities welcome.

Age: 8 years & up

Location: Edora Pool and Ice Center  
6/2-6/23 Tues. 6:00-6:30 PM  
\$32 310356-01  
7/7-7/28 Tues 6:00-6:30 PM  
\$32 310356-02

THEATRE

Phamaly Performance

Physically Handicapped Actors and Musical Artists is a professional performing arts group made up of people with physical disabilities. Join us to watch this extraordinary performance "Cabaret". This matinee will feature a backstage and tactile tour.

Age: 16 years & up

Location: Leave from the Senior Center  
Note: Lunch is included. Registration deadline 7/17/2015. No refunds will be given after ticket is purchased.  
7/26 Su 9:00 AM-6:00 PM  
\$41 302991-01

OUTDOOR RECREATION

Adaptive Waterskiing

Learn how to waterski or to improve your skills at the Boulder Reservoir. This program is designed for people with physical disabilities and visual impairments only. Adaptive ski equipment and instruction provided.

Age: 12 years & up

Location: Leave from the Senior Center  
6/23, 7/7 Tu 7:00 AM-12:30 PM  
7/21 & 8/4 \$60 (4 trips) 302937-01

Adaptive Watersports Day

Experience the freedom and beauty of boating at the spectacular Horsetooth Reservoir. This event will feature canoes, kayaks, sailboats and paddle boards for people with disabilities and their friends. Equipment and expertise provided by Adaptive Adventures, and Baby Seal Stand Up Paddleboards.

Age: 12 years & up

Location: Horsetooth Reservoir South Bay  
Note: Meet at Horsetooth Reservoir South Bay Pavilion, lunch included. Rides from the Sr Center arranged as needed, contact Renee Lee at 970.224.6027 or rlee@fcgov.com  
6/24 W 10:00 AM-1:30 PM \$25 302973-01

Poudre River Raft Trip

Travel down the scenic Poudre River for a fun raft trip with Rocky Mountain Adventures. This trip is designed for people with and without disabilities looking for fun and adventure. Registration deadline is 7/15/2015.

Age: 16 years & up

Location: Senior Center  
Note: Attendants must pre-register separately; \$50 (#302938-1A).  
7/18 Sa 7:30 AM-1:30 PM \$59 302938-01  
7/18 Sa 7:30 AM-1:30 PM \$50 302938-1A



Adaptive Kayaking

Join us for a summer evening on the water at Union Reservoir in Longmont. This event is designed for people with physical disabilities, their friends and family. Adaptive Adventures will provide equipment for flat water boating to get you out and paddling!

Age: 12 years & up

Location: Leave from the Senior Center  
Note: Bring a sack lunch and water bottle.  
7/29 Wed 3:30-8:00 PM \$15 302939-01

UNIFIED SPORTS

Baseball for All

This integrated baseball league is for children and teens with and without disabilities. Teams will be formed to learn skills, teamwork and play games.

Age: 8-15 years

Location: Beattie Park  
Note: Class Partially discountable. For more information, contact Brenda McDowell, bmcowell@fcgov.com or 970-416-2024. Class will not be held on 7/2.

Child

6/11-8/6 Th 6:00-7:00 PM \$25 302956-01

Family

6/11-8/6 Th 6:00-7:00 PM \$40 302956-02

Adult Softball

Integrated softball teams are being formed of players with and without disabilities to play in a Unified Softball league this summer.

Age: 16 years & up

Location: Beattie Ballfields/ Rolland Moore Park  
Note: Teams will have practice/games for one hour. No practice on 5/25. Questions? Contact Brenda McDowell at 970-416-2024 or bmcowell@fcgov.com .  
5/11-7/27 M 5:00-8:00 PM \$30 202055-01

VETERAN PROGRAMS

ARO is pleased to have been selected to receive grant funding in support of Paralympic sport and physical activity programs for disabled Veterans and disabled members of the Armed Forces! Programs in archery, aquatics, boccia and iRest yoga will be offered to Veterans free of charge. To get a 2015 Veteran Recreation Program schedule and register. Please contact Renee Lee, rlee@fcgov.com , (970)224-6027.

Check out ALTERNATIVE PROGRAM offerings on page 21 of the Recreator!

- Bingo Ice Cream Social June 5
- Bowling July 11-Aug. 15
- Water World July 14
- Monthly Dances Last Fridays
- Park Games Aug. 5-19
- Tie Dye Crafts Aug. 7
- RMNP Hiking Trip Aug. 8
- End of Summer Picnic Aug. 13
- Dinner Theatre "Mary Poppins" Aug. 30





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